

Spring Newsletter

Express Yourself

Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. This could be through art, music, writing and poetry, dance and drama, photography and film, and doing activities that make you feel good.

It's important to remember that being able to **express yourself** is not about being the best at something or putting on a performance for others. It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself.

For Children's Mental Health Week 2021 we will be encouraging children (and adults) to explore the different ways we can **express ourselves**, and the creative ways that we can share our feelings, our thoughts and our ideas. **See page 2 for more details and Page 3 for Carly's message.**



An update from Mr Bennett

School closure set to continue

We are now four weeks into the term and it looks as if we will have at least four more weeks before the school begins to welcome our children back into class.

We are open every day for our 'vulnerable' families and keyworker children with staff attending on a rota basis. Each day there are two class bubbles with teachers and support staff as well as a duty leader and office and premises staff.

We don't yet know what arrangements will need to be put into place when we do reopen, but it is likely to be similar to the Autumn Term with a staggered start and end to the day.

You can be sure that, as soon as we have any news about the reopening, we will let you know straight away.

Remote Learning

Our move towards streamed online teaching is going to plan.

Whilst work continues to be set daily on Purple Mash, our teachers are trialling Google Classrooms with an aspiration to be teaching two live lessons a day by half term. In addition, support staff have been offering interventions to the children who they normally work with.

It is important that children understand how to behave on line and that parents/ carers support their child's engagement. I have included an online Code of Practice with this newsletter (Page 4).



Food distribution

We continue to run food drops each week and are grateful to the organisations that donate the food that we distribute.

Reynolds Greengrocers
Magic Breakfast
Cyrus & Pervin Todiwala (of Café Spice Namaste)
The Felix Project

THANK YOU!

Wellbeing

We know how difficult it can be to keep on top of things in these difficult times. If you are finding things hard then please remember that we are here to support you.

Let us know if you are finding things challenging. You can do this during the phone calls from our staff or through our dedicated email account:

[parents@](mailto:parents@st-pauls.towerhamlets.sch.uk)

[st-pauls.](mailto:st-pauls.towerhamlets.sch.uk)

[towerhamlets.sch.uk](mailto:st-pauls.towerhamlets.sch.uk)



This week

- Page 1 Express Yourself; school news
- Page 2 Mental Health Week
- Page 3 Place2Be
- Page 4 Code of Conduct
- Page 5 Showcase
- Page 6 & 7 Parent/ Carer workshops
- Page 8 Family Fun
- Page 9 Term dates; Flu vaccine

EXPRESS YOURSELF

#ChildrensMentalHealthWeek



www.childrensmentalhealthweek.org.uk

DEAR PARENTS AND CARERS,

1-7 February 2021 is Children's Mental Health Week. The week is run by children's mental health charity Place2Be to focus on the importance of children and young people's mental health. This year's theme is **EXPRESS YOURSELF**.

WHAT'S IT ALL ABOUT?

When children are able to find creative ways to share their feelings, thoughts or ideas it can help them feel good about themselves and who they are. Children can do this through art, music, writing and poetry, dance and drama, photography and film, and doing activities that they enjoy.

It's really important to remember that being able to express yourself is not about being the best at something or putting on a performance for others. It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself.

Given that the past year will have left many of us feeling out of control and helpless, supporting children and young people to express themselves is arguably more important than ever.

WHAT CAN YOU DO?

Here are a few simple ways you can encourage your child to express themselves.

1. Could you build on existing interests or passions? Think about what has helped them get through the past year. A love of dancing? Baking? Drawing? Fashion? Encourage your child by noticing their unique interests and praising their efforts.
2. Trying new things can be a great way to find a new creative outlet. There are lots of online tutorials and video demos that you and your child could be inspired by... could you try out something new together? Or perhaps ask someone you know to share their creative hobbies and give them a go.
3. Some children may not think of themselves as being creative. Try to focus on the importance of the process and the way it can make them feel, rather than the end result. Try not to judge their efforts and remember to give encouragement for trying rather than for doing something well.
4. Listening carefully can help children feel more comfortable and confident when expressing themselves. Try to minimise distractions and give your child your full attention when you're spending time together, being aware of your own body language and eye contact. You might want to try summarising what they've shared and acknowledging their feelings.
5. Children are expressing themselves all the time but not necessarily with words. 'Listen' to everything they are trying to tell you with their behaviour, or with their play and creativity or with their silence. It's all self-expression.
6. Remember – you don't need a lot of expensive equipment to get creative at home. Recyclable materials or older items you no longer have a use for can provide amazing inspiration, and of course there's no limit to your imagination!

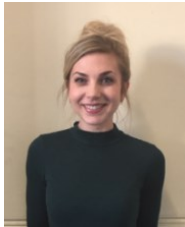
Let your child know that if they are worried about something, they should always talk to an adult they trust. It could be you, someone in your family, a teacher or someone else in their school.

If you're worried about your child's mental health you can talk to your GP or someone at your child's school.

You can also find a list of organisations that provide support and advice on our website: place2be.org.uk/help



www.childrensmentalhealthweek.org.uk

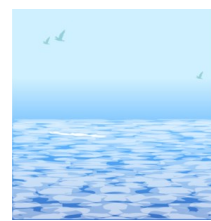


A message from Place2Be.....



Hello again children of St Paul's from Place2Be!

How have you all been feeling this week? For this week's feelings check-in, perhaps we can think about our feelings drifting along the ocean.....



Maybe your feelings would be peacefully floating along with the breeze.....?

Or perhaps your feelings might be crashing like mighty waves in a thunderstorm? Remember to share your feelings with those around you, to tell them about your 'ocean of feelings'. Why not ask other people how they've been feeling too!

At Place2Be, we think a lot about our feelings and our 'wellbeing'. Wellbeing means looking after both our *minds* and our *bodies* to keep us healthy and feeling the best we can feel. Your activity for this week is to design your very own wellbeing **festival**. A festival is often a special event with lots of activities, food and music, that lasts for a whole day or even longer. What would your 'Wellbeing festival' be like?

Maybe you'd play a sport that makes your heart race and makes you feel good?!



Maybe you'd hire your favourite band to play the songs that get you smiling when you sing along?

What food would you have? What food is spe-



cial to you?

What activities would you have? Are there any your feelings? Don't forget – this is YOUR wellbeing festival....so the choices up to you!

arts or crafts that help you think about are all



Dear Parents/Carers,

It's important to think your own wellbeing in these changing times. Find here a link BBC bitesize, with articles around supporting 'self-care' for you and your families:

<https://www.bbc.co.uk/bitesize/articles/znsxmxc>



PUPIL CODE OF CONDUCT for GOOGLE CLASSROOM ONLINE SESSIONS

This Code of Conduct outlines our expectations of pupils during online sessions.

This matches our expectations of pupils in school and will help pupils get the most out of their online learning.

Attendance at lessons is compulsory; a register will be taken at the start of each lesson.

I understand that by joining the sessions I agree to follow the code of conduct outlined below:

- Whilst online, I will follow the school's policies including the Behaviour Policy, Anti-bullying Policy and the Acceptable Use Policy.
 - I will be on time, prepared and have any resources ready, such as paper, book, pencil etc.
 - I will communicate politely and will ensure that my communication is supportive of my learning and the learning and wellbeing of others.
 - I will only use Google Classroom for online learning and will only upload, forward, browse or download, materials related to my learning and will only do this when asked to by my teachers.
 - During live online sessions, my parent/ carer should be near me, if possible, in the same, or a nearby, room with the door open.
 - I will not use Google Classroom to create groups, initiate calls or meetings and I will end sessions when the teacher tells me to do so.
 - I understand that I must remain muted in live lessons or meetings, unless my teacher unmutes me or tells me to unmute.
 - When taking part in an online session I will ensure that:
 - ◊ my environment is quiet and free from distractions;
 - ◊ the background and foreground are appropriate (check what is visible behind and in front of you);
 - ◊ I am suitably dressed (fully dressed and not in pyjamas!);
 - ◊ I will remain attentive.
 - I will regularly check my Google Classroom account to ensure that I stay on track with my learning.
 - I will not take photos of my screen or record online interactions
 - At the end of live lessons or Google Meetings, my teacher will ask me to 'hang up' before closing the meeting. I will do this promptly as directed by my teacher.
 - If the teacher's computer fails, ending the lesson, I will hang up and leave immediately.
 - I understand that online sessions may be recorded by my teacher, but that the recordings will not be made public.
 - I understand that, if I fail to follow this Code of Conduct, my teacher might remove me and there will be a follow up consequence for my actions.
-

Remember with social media, when you type something it's always there and you can't take it back. So be careful of what you say and write

Showcase: Year 1 & Early Years



The Early Years children have been working hard on their home learning. What a great straw house creation made by Mohsin in Nursery.



Look at the lovely work that has been done by this young man, who has been working hard at home



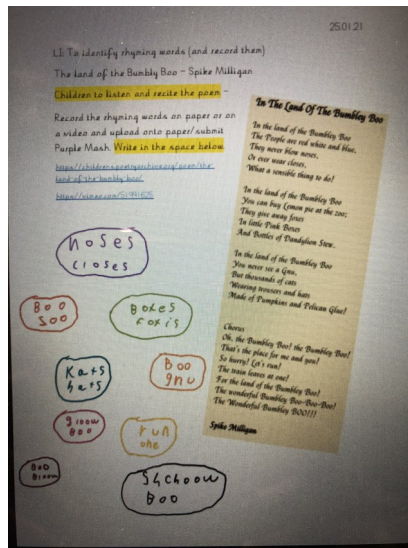
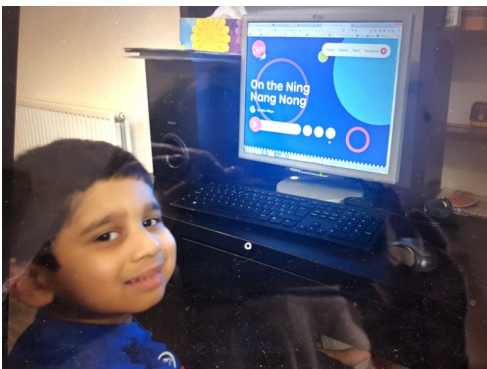
Great work from Daniyal. It's lovely to see him using his resource pack to help him with his counting skills.

Exploring Nonsense Poetry

In the land of the Bumbly Boo, having fun looking at rhyming words and thinking of our own nonsense rhyming words.

Year 1 worked their socks off with the Ning Nang Nong poem!

Whether listening to the poem (below left), re-telling through puppetry (bottom left), recording it (bottom right), or identifying rhyming words (below right). Well done for big efforts all round.



From Denise and Rashina – Parental Engagement Team

You may have seen or heard about a scheme where internet providers. The Department for Education (DfE) Get Help with Tech scheme is being supported by EE, Vodafone, Three, Sky Mobile, Smarty, Tesco Mobile and Virgin Mobile.

Who can get help?

Schools, trusts and local authorities (ordering for maintained schools) in England can request mobile data increases for disadvantaged children and young people in years 3 to 11 who are not able to attend school due to national lockdown restrictions. They must meet all 3 of these criteria:

- do not have fixed broadband at home
- cannot afford additional data for their devices
- are experiencing disruption to their face-to-face education

If you meet all 3 criteria and would like support with data, please email parents@st-johns.towerhamlets.sch.uk with the following information:

For each request, we need to know:

- the name of the mobile phone account holder
- the number of the mobile device
- the mobile network of that device (for example Three)

Upcoming workshops for parent/ carers. Rashina and I are delivering some sessions in the evening and over the weekend too.



Produced by
The Parental Engagement
Schools and Families Team

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| Friday 5 February 7pm-9pm | Digital Family Quiz #YourDigitalFamily | Does your family know its TikTok from its Twitter, Deliveroo from Discord or Bieber from Baby Shark? Take part in this fun family quiz night and test your family's tech knowledge. Suitable for parents, year 6 and secondary school-aged children. Prizes to be won! |
| Saturday 6 February 1pm-2.30pm | Support with Online Learning | This workshop, which is delivered through Zoom, will give you an opportunity to look at examples of school websites as well as on-line learning portals such as Google Classroom and Purple Mash, to name a few. |
| Monday 8 February 10am-11am | Platform to Talk- Keeping teens motivated to learn | With exams being cancelled, some young people are feeling there is little point to online lessons- This timely session for parents of secondary school children will explore what can parents do to motivate teens and help prepare them for their future. |
| Thursday 11 February 10am-11am | E-Safety and Learning | With children learning at home, online safety is never more important, this workshop looks at the practical steps parents can take to safeguard children and explains the latest social media and gaming apps children may be using to communicate online. |
| Friday 12 February 7pm-9pm | Digital Family Quiz #YourDigitalFamily | Does your family know its TikTok from its Twitter, Deliveroo from Discord or Bieber from Baby Shark? Take part in this fun family quiz night and test your family's tech knowledge. Suitable for parents, year 6 and secondary school-aged children. Prizes to be won! |

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|------------------------------------|--|---|
| Monday 1 March 10am-11am | Learning in the Early Years | In this workshop for parents of nursery and reception class children, you'll find out about the Early Years Foundation Stage and discover how you can use every-day experiences to enhance your child's learning. |
| Tuesday 2 March 5pm-6pm | Mindfulness Discover the importance of being in the present and fully aware of what is happening around us | With the unpredictability of the current times we find ourselves in, you may be finding that you and your children are a little more anxious than usual. Join the session to pick up some useful strategies and tips that may help to create a sense of calm. |
| Wednesday 3 March 5pm-6pm | Reading at Key Stage 2 | Gain an insight into how reading is taught at school. Discover how to motivate reluctant readers and how you can support your child's reading development at home. |
| Friday 5 March 10am-11am | Reading at Key Stage 1 | Gain an insight into how reading is taught at school. Discover how to motivate reluctant readers and how you can support your child's reading development at home. |
| Thursday 4 March 6pm-7.30pm | E- Safety and Learning | With children learning at home, online safety is never more important, this workshop looks at the practical steps parents can take to safeguard children and explains the latest social media and gaming apps children may be using to communicate online |
| Wednesday 10 March 10am-11am | Healthy Families | Is your family snacking too much or finding it difficult to be active? In this workshop, you'll have the chance to share your concerns, pick up some ideas for quick, easy meals and discover ways to get the family more active! |
| Wednesday 17 March 5pm-6pm | KS2 Maths | Gain an insight into what your child is learning in Maths at Key Stage 2 and discover how to use the internet and other tools to encourage mathematical thinking and motivate reluctant learners. |
| Friday 19 March 5pm-6pm | Maths at Key Stage 1 | Gain an insight into what your child is learning in Maths at Key Stage 1 and discover how to use the internet and other tools to encourage mathematical thinking and motivate reluctant learners. |

About Us

What We Do:

The SENDIASS Team offers free and impartial advice to parents and young people with SEND who are residents within Tower Hamlets or City of London. Some of the ways we can support you are:

- Attending meetings with schools / professionals
- Applying for an Education Health and Care Plan
- Mediation with the Local Authority
- Preparing and attending SEND Tribunals

We have a dedicated telephone line, 020 7364 6489, that you can call to speak to an advisor Monday - Friday, 09:00 a.m. - 17:00 p.m.

If your query can not be resolved during the telephone consultation, we will take a referral and you will be allocated a caseworker who will contact you within 10 working days.

Our team also runs workshops for parents around the EHCP process and Secondary School Transitions. If you are interested in attending one of these workshops, please call the team on 020 7364 6489 who can discuss this with you.

<https://www.towerhamletsandcitysendiass.com/>



Family Fun!

Ideas to support learning, play and well-being

Junk modelling

Don't throw waste packaging away - children can use it to create models! In these times where it may be difficult to access art materials, it's a great way to keep them busy while allowing them to create and innovate. You don't need to 'teach' them how to make something, instead allow them to explore the materials and let them come up with their own ideas. Encourage them to talk about their creations afterwards!



Writing commands

Having lots of scrap paper and things like post-its around the house can really encourage children to write. Writing doesn't have to be in an exercise book - using unusual materials like post-its can motivate even reluctant writers. Children need opportunities to do different types of writing- stories, instructions and commands. Encourage them to use post-its to write their own commands and place them all around the home. They could be commands like 'Take off your shoes' or 'Turn off the lights!'

Rainbow breaths

Stand with your feet apart, arms resting by your side. Raise your arms and take a deep breath in. Breathe in until your hands reach each other over your head. Breathe out slowly while lowering the hands. Visualise the rainbow you are making. Each time you breathe in imagine you are adding another colour to your rainbow. Once your rainbow is done, open your eyes.



Ditch the dip!

Ditch high fat dips like mayonnaise and create your own healthy alternative. Just mix some low-fat yoghurt together with a clove of finely chopped garlic and season with a little salt and pepper. Try it with some roughly chopped, crunchy vegetables- delicious!

Produced by
The Parental Engagement
Schools and Family Team



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St John's & Paul's Whitechapel CE Primary Schools Term Dates and Holidays - 2020/ 2021

Spring Term 2021 (59 days)

New Year's Day Friday 1st January
Staff Training Monday 4th January
 First Day of Term Tuesday 5th January
Staff Training Friday 15th January
 Half Term Mon. 15th to Fri. 19th February
 Second half of term Monday 22nd February
 Last Day of Term Friday 26th March
Good Friday Friday 2nd April
Easter Monday Monday 5th April
Ramadan begins Tuesday 13th April 2021*

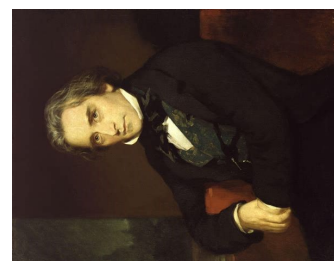
Summer Term 2021 (58 days)

First Day of Term Monday 12th April
Staff Training Friday 30th April
 May Day Bank Holiday Monday 3rd May
 Half Term Monday 31st May to Friday 4th June
 Second half of term Monday 7th June
 Last Day of Term Friday 23rd July
Eid Al-Fitr Thursday 13th May 2021*
Eid Al-Adha Tuesday 20th July 2021*

Final Thought

“A man never so beautifully shows his own strength as when he respects another's weakness.”

Douglas Jerrold



Did your child miss out on the flu vaccine?

It's not too late to join thousands of parents who already got their children vaccinated for the seasonal flu.

We only have a limited supply left so don't miss the chance to get a flu jab or spray for your child (Reception to Year 7).

- Safe
- Halal friendly (no gelatine)
- Free

Book your child's appointment today in 3 easy steps

1. Send a text message to [07908908415](tel:07908908415)
2. Include your child's full name, DOB, Class, School and vaccine preference (spray or injection)
3. Wait to hear from us to finalise details of your appointment



Have questions on how the flu vaccine protects your child and family?

Contact us at towerhamlets@vaccinationuk.co.uk